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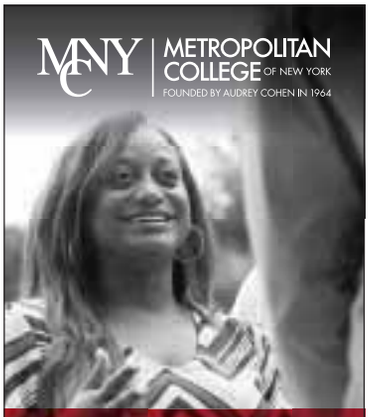
Monday, September 26, 2016 www.metro.us | t: MetroNewYork | f: MetroNewYork

DRINKS AND DEBATE

Where to watch tonight's Trump vs. Clinton faceoff. 22

The secret of PopSugar's sweet success. 29

Giants stumble at home. 30



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ROUND 1

Millions expected to tune in for candidates' first face-to-face showdown. 4

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3 things you need to know

MIAMI MARLINS STAR PITCHER JOSE FERNANDEZ KILLED IN BOAT CRASH

1 Miami Marlins star Jose Fernandez, one of the most dominant pitchers in professional baseball, was killed in a boating crash early on Sunday in Florida, the U.S. Coast Guard said. He was 24 years old. Fernandez was one of three men killed when the 32-foot boat collided with a rocky jetty off of Miami Beach, the Coast Guard said. The identities of the two other crash victims were not released. "All of baseball is shocked and saddened by the sudden passing of Miami Marlins pitcher Jose Fernandez," Major League Baseball Commissioner Rob Manfred said in a statement. "He was one of our game's young stars who made a dramatic impact on and off the field." Emergency crews responded to reports of an boat overturned on a jetty near the Government Cut shipping channel and South Pointe Park at about 3:30 a.m. local time, the Coast Guard said. The bodies of three deceased men between the ages of 24 and 27, including Fernandez, were found on and underneath the boat, Florida Fish and Wildlife Conservation Commission spokesman Lorenzo Veloz said at a news conference. REUTERS

TRAIN DRIVER WOUNDED AS BOMB ON RAIL LINE EXPLODES IN TURKEY

2 The driver of a freight train was slightly wounded on Sunday when a bomb left on a railway track in southeastern Turkey was detonated as the train came past, security sources said, blaming Kurdish militants for the explosion. The train's locomotive was damaged in the incident near the town of Saray in Van province, near the Iranian border, the sources said on condition of anonymity. There were no immediate claims of responsibility. The Kurdistan Workers Party, which has waged a three-decade insurgency against Turkish forces, has in the past attacked railroads, pipelines and other targets it considers strategic in the mainly Kurdish southeast.

REUTERS

SNAPCHAT TO OFFER CAMERA-EQUIPPED SUNGLASSES

3 Snap Inc., the newly renamed parent company of messaging app Snapchat, plans to start selling camera-equipped sunglasses starting this fall, Chief Executive Evan Spiegel told the Wall Street Journal in an interview. The sunglasses, dubbed Spectacles, will be sold via limited distribution for about $130, said Spiegel, who described the device as a toy. The first hardware to be sold by Snap, the sunglasses will record video from the user's perspective in 10-second increments that can be synched with his or her smartphone. REUTERS

METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to www.metro.us/news-quiz to submit your answers.

1. What did the Manhattan district attorney accuse three antique sellers of doing?

2. How many yards receiving did Odell Beckham Jr. have on Sunday?

3. What university does "Queen of Katwe" subject Phiona Mutesi wish to attend when she's done with school?

GETTY IMAGES

AUTUMN USHERS IN COOLER TEMPERATURE

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

You're waking up to the coolest morning in a long time, and yes we even have some frost on the pumpkin in the distant suburbs of Philadelphia, New York City, and Boston.

Cooler temperatures should remain locked-in through the week, with daytime highs mainly in the pleasant 70s and overnight lows mainly in the 50s.

Big question marks as far as just how dry or wet this week will turn out to be as computer models are far apart in any consistency.

Right now, I'm very confident that after a beautiful day today, we will see widespread showers start to move in mainly late tonight across the Northeast I-95 corridor, and the rain should continue into at least midday Tuesday. Keep in mind we NEED the rain, as much of the Northeast remains in moderate to severe drought conditions.

Computer models are split on how the second half of this week and the weekend will turn out?

Right now, I believe a coastal low could form along the Carolina coast late Wednesday night and then move slowly northeastward with needed rains spilling into Philadelphia and New York City on Thursday. The rain should make its way into Boston as well, and that rain could linger into Friday, especially along coastal areas.

The weekend picture remains unclear.

Too early to give you any type of forecast with confidence for your upcoming weekend as some models stall the front and give us unsettled weather right through your weekend as others have the rain clearing on the coast, so I'm not ready to give you a green light for the weekend.

Hurricane Matthew to form?

A tropical disturbance off the Cabo Verde Islands (far eastern Atlantic) is rather disorganized currently. However, the hurricane forecast center is giving this disturbance an 80-percent chance of intensification into possible hurricane status over the next several days. The Windward Islands would first need to pay attention to the future track, and long-range guidance suggests that it's not out of the question that the U.S mainland might need to watch this closely as a few models bend potential Matthew towards the Gulf of Mexico or the southeast coast during the first week of October, with its tropical rains moving up the eastern seaboard. Any forecasts beyond five days is subject to large errors.

New York

Today: Sunshine, cool, High 72
Tuesday: Showers, High 73
Wednesday: Some sun, High 75
Thursday: Periods of rain, High 70
Friday: Showers, High 70

Weekend
Saturday: Showers, High 70
Sunday: Morning clouds, then sun, 75

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Everything you need to know about tonight's first presidential debate

Clinton and Trump.

AMANDA MIKELBERG
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GETTY IMAGES

Millions of Americans will be riveted to television and computer screens tonight for the first face-to-face encounter between two presidential candidates whose political philosophies could not be more diametrically opposed.

Democrat Hillary Clinton and Republican Donald Trump square-off in the first of three scheduled debates in what many have described as an unconventional election campaign.

Each candidate heads into the debate facing not only their opponent, but also obstacles of their own making: public vitriol stemming from Trump's bullying, race-baiting campaign; Clinton's email trouble, questionable health and an image shaped in part by her husband's presidency.

A first debate primer:

THE PROGRAM — NBC's Lester Holt will moderate the 90-minute debate at Long Island's Hofstra University, which is expected to fetch the biggest audience for a presidential debate ever, possibly matching or exceeding Super Bowl 2015's 114.4 million viewers. The format will be six 15-minute segments, two of which are dedicated to topics Holt selected: America's direction, achieving prosperity, and securing America. The rest of the time will be used for rebuttals and deeper discussion of those topics.

POLLS — With only 42 days to go until the general election on Nov. 8, anything can make or break these campaigns. The debates are expected to be a significant factor in the general election as the candidates are in a true tie, each with 41 percent among registered voters (and Clinton leading Trump 46 to 44 percent among "likely voters"), according to the Washington Post-ABC News poll released Sunday. The same poll reports that 36 percent of likely voters said there is at least a small chance the debate will change their minds. And three-quarters of the registered voters polled said they will be watching tonight.

PROTESTS — Not all the action will be on the stage. Thousands of protesters are expected to gather outside Hofstra; among them is expected to be Green Party candidate Jill Stein, whose numbers did not qualify her for the debate, but whose supporters will stage a "Let Jill Debate" protest and a subsequent "People's Debate." Over 1,500 fast-food workers will be there on behalf of a $15 minimum wage. And some from the New York Communists said they will go to rail against Trump.

The other Independent, Libertarian candidate Gary Johnson, will be in New York spreading his message about interplanetary exploration ("The future of the human race is space exploration," he said Sunday).

ENDORSEMENTS — Heading into the debate each candidate scored a high-profile endorsement. The New York Times' editorial board threw its support behind Clinton. One-time rival for the Republican presidential nomination Ted Cruz finally endorsed Trump.

TACTICS — The big noise yesterday came from reports that the Trump campaign invited Gennifer Flowers, a former-fling of Bill Clinton, to the debate, which they later denied but which succeeded to bring that aspect of Clinton's past into the spotlight. The Clinton campaign defended their invitation to Shark Tank business guru Mark Cuban. The Clinton strategy includes emphasis on fact-checking during the debate, and the theory that Trump's rash temperament, above all, disqualifies him.

SCREENS AND STREAMS — TV - All three presidential debates will air on most prime networks: ABC, NBC, Fox, Fox News, CBS, MSNBC, Univision and C-SPAN.

Online - The digital news providers will also have livestreams: Buzzfeed News, Huffington Post, Politico, Yahoo, Telemundo, The Daily Caller will be broadcasting along with the simulcasts offered online by most of the prime-time broadcasters listed above.

Social – Social media has plenty of alternative ways to appreciate and join the debate: Twitter teams with Bloomberg for a livestream, Snapchat will be pumping out Live Stories. Facebook Live will feature other journalists and audience members at Hofstra.

FOR THE MOST FUN — Clever apps that will make your debate experience even more fun include "Hillary-Donald" which allows you to virtually "boo" or "cheer" the candidates by shaking or tapping your phone – those stats are translated into live maps and graphs showing the reaction from around the country. Another one, called TwitterScope, combs tweets for negative and positive sentiments and pumps out scores.

BRIEFS

Man fails to torch Brooklyn store after bungled robbery

A failed robbery turned into a failed arson Saturday morning at a Brooklyn check-cashing store.

Police are looking for a man who walked into the Pay-O-Matic on Rockaway Avenue in Brownsville at 10:30 a.m. and demanded cash. When the clerk refused to cough it up, the suspect took out a bottle of gasoline and poured it on the floor, police said.

He threatened to torch the place. And a moment later, lit a match and dropped it on the floor.

When the gas failed to ignite, he fled.

The NYPD released surveillance camera images of the suspect, who is approximately 5-feet-10 and was wearing a pink baseball hat and carrying a large duffel bag at the time of the incident.

Anyone with information is asked to call the NYPD Crime Stoppers Hotline at (800) 577-TIPS.

AMANDA MIKELBERG

Minimum-wage earners to protest outside presidential debate

Fast-food workers from New York, Boston and Philadelphia plan to walk off their jobs Monday evening to demonstate for a $15-an-hour minimum wage during the first presidential debate at Hofstra Univesity.

The restaurant protesters will be joined by "home care workers, child care workers, airport workers and advocates for economic, racial and social justice," according to a statement issued by organizers.

"When I first went on strike nearly four years ago in New York, everyone thought we were crazy. Fifteen dollars an hour was never going to happen," said Alvin Major, a Kentucky Fried Chicken worker from New York City who is paid $10.50 an hour. "But we kept walking off the job and raising our voices in the streets, and politicians finally responded to us.

"Now we won $15 per hour in New York, California and cities across the country," he added. "We'll be out there on Monday to make sure that, as Election Day nears, candidates know that if they want our vote, they need to come get it."

Protesters are planning to assemble at 5:45 p.m. at Front Street and Uniondale Avenue.

"This election, the 64 million workers paid under $15 an hour are bringing together their friends, families, co-workers, church members," said Alberto Grant Jr., a terminal cleaner at JFK Airport, "because whether you're an airport cleaner, a home care worker, or a fast-food cook, low wages affect everyone."

GETTY IMAGES

Security at the Long Island university, which will become the first university to host three consecutive presidential debates, is expecting more than 10,000 protesters on Monday, Long Island Press reported. Not all the protesters are expected to be connected to the Fight for $15 demonstration.

"This election is very unique, and first and foremost you look at the two candidates," acting Police Commissioner Thomas Krumpter said in a news conference last Monday. "This is a divisive election; it's a lot of inflammatory conduct in this election.

"Nassau County Police Department will not tolerate any violations of law," he added. "But we'll do everything we can to protect people's rights for free speech."

Ed Mangano, a Nassau County executive, said at the news conference that no specific threats have been made against the county, but added, "we prepare for the worst and hope for the best."

KIMBERLY M. AQUILINA

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Reports: Bombing suspect radicalized by Taliban in Pakistan

A Pakistan official revealed Ahmad Kahn Rahami was educated in extremist beliefs at a notorious madrassa.

AMANDA MIKELBERG
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Ahmad Kahn Rahami's terrorist inculcation likely occurred during two visits to a religious school in Pakistan in 2011 and 2013, a Pakistan security official told The Guardian.

The Afghanistan-born, U.S.-naturalized Rahami is said to have gone to the Kaan Nuwa Naqshbandi madrassa in Kuchlak, a major hub city for the Taliban. In 2011, he spent three weeks receiving "lectures and Islamic education," the official said. He also spent nearly a year in Pakistan in 2013.

His father, who owns a fast-food restaurant in Elizabeth, New Jersey, told The Associated Press on Friday that he recognized significant personality changes when his son returned from Afghanistan and Pakistan in 2013.

"His mind was not the same. He had become bad and I don't know what caused it, but I informed the FBI about it," he said.

Rahami, 28, is believed to be the culprit behind the Chelsea bombing on Sept. 17 that injured as many as 31 people. He is also suspected of planting homemade bombs discovered around the same time on 27th Street in New York and in New Jersey. Fingerprints on the bombs and his notebooks referring to terrorist icons link him to the acts that appear to be Islamic-terrorism motivated, investigators said.

Members of the Federal Bureau of Investigation (FBI) and other law enforcement officials speak outside a fried chicken store that is underneath the residence being investigated in connection to the bombing in Manhattan. GETTY IMAGES

As for his education in bomb-making, it might not have been entirely from internet instructions. A source told NBC he might have learned techniques such as how to make a "triggering-type device" in an electronics class at Union County College. He was enrolled in a few non-credit courses in 2008 at the community college, according to a representative there.

Rahami remains hospitalized and in critical condition following the Sept. 19 shootout in New Jersey that ended with his arrest. He faces five counts of attempted murder against the police he shot, and federal charges of terrorism. News media reports indicated he was not appointed a public defender and that attorney Peter Ligouri, contacted by Rahami's father, was denied access to the suspect.

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Prior results do not guarantee a similar outcome.

Russian Foreign Minister Sergei Lavrov and John Kerry GETTY IMAGES

Kerry's ceaseless diplomacy faces sternest test on Syria

Kerry hammered out the truce two weeks ago, but was left pleading in vain with Russia last week to halt renewed air strikes on the besieged city of Aleppo.

John Kerry had heard enough.

After last week's bombing of a U.N. aid convoy in Syria dealt a death blow to a cease-fire deal in which he had invested all his diplomatic capital with Russia, the U.S. Secretary of State tossed aside a page of notes and looked at Russian Foreign Minister Sergei Lavrov across the horseshoe-shaped table in the U.N. Security Council.

"I listened to my colleague from Russia, and I sort of felt a little bit like they're sort of in a parallel universe here," said a visibly angry Kerry, effectively calling Lavrov a liar for blaming the United States for spoiling the cease-fire.

The moment in some ways captured the former politician's time as the top U.S. diplomat, which will end with a new administration in January.

Not for the first time, Kerry had invested months of intensive diplomacy and tireless traveling on an issue only to end up feeling let down or deceived by negotiating partners. On Syria, Kerry has wanted greater U.S. involvement than President Barack Obama was willing to support.

In an interview on Friday with Reuters, Kerry said Lavrov's "blatant obfuscation of reality ... took my breath away."

The attempted Syria ceasefire was his most ambitious effort to fix what some argue was the biggest foreign policy misstep of Obama's administration, which began with the failure in 2013 to follow through on a "red line" threat against Syrian President Bashar al-Assad over the use of chemical weapons.

James Dobbins, a former U.S. special envoy to Afghanistan, noted Kerry's "tireless, ceaseless engagement" even when pursuing administration policies he didn't always agree with.

"Kerry to his credit has stayed in the game even when he had a weak hand," said Dobbins, a career diplomat who worked alongside Kerry in 2013 to hammer out a deal with President Hamid Karzai to keep U.S. forces in Afghanistan.

"The situation in Syria is too serious and too consequential to simply back off and leave it to others."

From Kerry's perspective, it is better to fail than not to have tried.

"The weakest hand of all would be to have another round of migrants going into Europe, [Russian President Vladimir] Putin do whatever he wants by dropping bombs and the United States doing nothing but pretending we're sending some support to people," Kerry told Reuters.

"That is the weakest hand, and it is far stronger to stand up and find a way to leverage getting to the table and getting some kind of an understanding," he added.

In his nearly four years as America's top diplomat, Kerry has racked up more miles than any other secretary of state, sometimes appearing to rush in without a clear strategy.

"It is clear that Kerry is prepared to take greater risks with his own personal reputation than others might have ... because they did not want to be identified with failure," said Dobbins. REUTERS

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Motive sought in fatal shooting at Washington state mall after arrest

Selena Orozco,15, and Rachel March, 15, attend a vigil at the Central United Methodist Church in Sedro-Woolley, Washington. GETTY IMAGES

The FBI said while they had no indication the attack was a "terrorism act," it could not rule out that possibility.

Arcan Cetin FACEBOOK

Investigators were working to determine what led a gunman to open fire and kill five people in a department store at a Washington state mall, police said on Sunday after arresting a 20-year-old suspect in the deadly rampage.

Police took Turkish-born Arcan Cetin into custody on Saturday evening in Oak Harbor, about 30 miles southwest of Burlington where the shooting occurred on Friday night.

Cetin's demeanor when apprehended was "zombie-like," police said at a news conference. He was unarmed and did not run from officers, they said.

A motive for the rampage remains unclear and Cetin, who is due to appear in court on Monday, has not been charged.

Cetin, who police said is a legal, permanent resident of the United States, is accused of opening fire in the cosmetics section of a Macy's department store at Cascade Mall, killing four women and a man.

Surveillance video showed the suspect entering the mall without a rifle but he was later spotted on video in the store brandishing a weapon, police said. The rifle was recovered at the mall.

The attack followed a series of violent outbursts at shopping centers across the United States, including the stabbing of nine people at a Minnesota center last weekend.

It comes at a time of heightened tensions in the United States after a succession of seemingly random attacks in public places, ranging from a gay night club in Orlando, Florida, to a Planned Parenthood clinic in Colorado.

Investigators planned to search Cetin's Oak Harbor residence, vehicle and interview witnesses on Sunday to collect evidence and "build as good as a case as you can," said Sergeant Mark Francis, a spokesman for the Washington State Police.

Police have reports that Cetin's ex-girlfriend worked at the Macy's, Francis said. The possible connection was under investigation.

Cetin has a criminal record that includes three domestic violence charges in which his stepfather was the victim, the Seattle Times reported, citing court records.

He also was arrested for drunken driving and barred by a judge in December from possessing a firearm, the newspaper reported without providing details. Reuters was unable to confirm the reports.

Police did not identify the victims but local media said they ranged in age from mid-teens to mid-90s, and included a mother and her daughter. The Skagit County Coroner's Office said it planned to release information about shooting victims on Monday. REUTERS

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(Continued on next page)

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PHOTO ENLARGEMENT SHOWS ENGRAVING DETAIL

(Continued from previous page)

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To make it fair, special Toll Free Overflow Hotlines have been set up to ensure all residents have an equal chance to get them.

Rapid shipments to state residents are scheduled to begin with the first calls being accepted at precisely 8:30am today.

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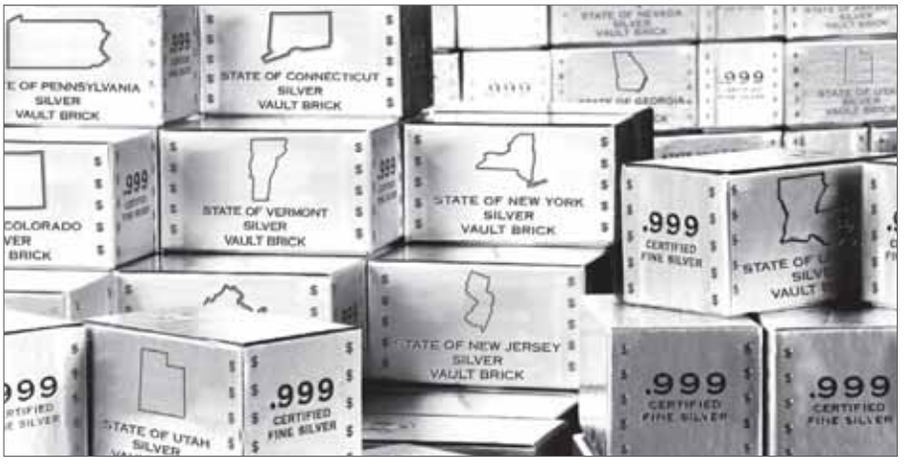

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Protesters march near NFL game in NC

Protesters have filled the city's streets for nearly a week in response to the killing of Keith Scott.

Demonstrators protest outside of Bank of America Stadium before an NFL football game on Sunday in Charlotte, North Carolina. GETTY IMAGES

More than 100 people chanted and marched outside a National Football League game in Charlotte, North Carolina, on Sunday in protests over police killing a black man, a day after police released videos of the confrontation.

The video did not show clearly whether Scott had a gun at the time, and Charlotte, the state's largest city and one of the U.S. Southeast's most vibrant urban centers, remains the latest flashpoint in two years of tense protests over U.S. police killings of black men, many of them unarmed.

Small groups of police in riot gear chatted with fans as they arrived for the NFL game between the Carolina Panthers and the Minnesota Vikings on Sunday afternoon, while a peaceful crowd of protesters swelled to more than 100 people.

"Black lives matter," the demonstrators chanted. "We don't need no riot gear. Why are you in riot gear?" As their numbers swelled, police officers on bicycles kept the protesters out of the path of arriving fans.

Among them was Simon Gebrekristos, a 26-year-old Panthers fan who works at a gas station. He arrived at the stadium holding tickets he said had cost him $160, but decided against going inside after seeing the protesters.

"I can go to the game any other time," he said.

Inside the stadium, Carolina Panthers quarterback Cam Newton signaled his support during the pre-game workout by wearing a T-shirt with a Martin Luther King Jr. quote: "Injustice anywhere is a threat to justice everywhere." REUTERS

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Jordanian writer shot dead outside court before trial over cartoon

A demonstration in the town of Fuheis, northwest of the capital Amman on Sept. 25, 2016, denouncing the killing of Nahed Hattar (portrait). GETTY IMAGES

A gunman shot dead Jordanian writer Nahed Hattar on Sunday outside the court where he was to stand trial on charges of contempt of religion after sharing on social media a caricature seen as insulting Islam, witnesses and state media said.

The gunman was arrested at the scene, state news agency Petra said. A security source said he was a 39-year-old Muslim preacher in a mosque in the capital.

Hattar, a Christian and a anti-Islamist activist who was a supporter of Syrian President Bashar al-Assad, was arrested last month after he shared a caricature that depicted a bearded man in heaven smoking in bed with women and asking God to bring him wine and cashews.

In the cartoon, the man also asks God to clear his dishes and put a door on his tent and knock before entering.

Many conservative Muslim Jordanians considered Hattar's move offensive and against their religion. The authorities said he violated the law by sharing the caricature.

The state news agency quoted a security source as saying Hattar was killed by a man who fired three shots at him on the steps of the palace of justice in the Jordanian capital.

"The assailant was arrested and investigations are ongoing," Petra quoted the security source as saying.

Two witnesses said the gunman was wearing a traditional Arab dishashada, worn by ultra conservative Sunni Salafis who adhere to a puritanical version of Islam and shun Western lifestyles.

Some secular and liberal supporters of Hattar said his arrest last month was a breach of freedom of speech but other Jordanians thought the caricature's publication had crossed a red line in a Muslim country where it is a taboo to attack God or the prophet Muhammad.

Hattar was charged with contempt of religion and sowing sectarian tensions. The country's highest official religious fatwa authority criticized Hattar for what it said was the "insult to the divine entity, Islam and religious symbols."

Hattar had apologized on social media and said he did not mean to insult God but had shared the cartoon to mock fundamentalist Sunni radicals and what he said was their vision of God and heaven. He had accused his Islamist opponents of using the cartoon to settle scores with him.

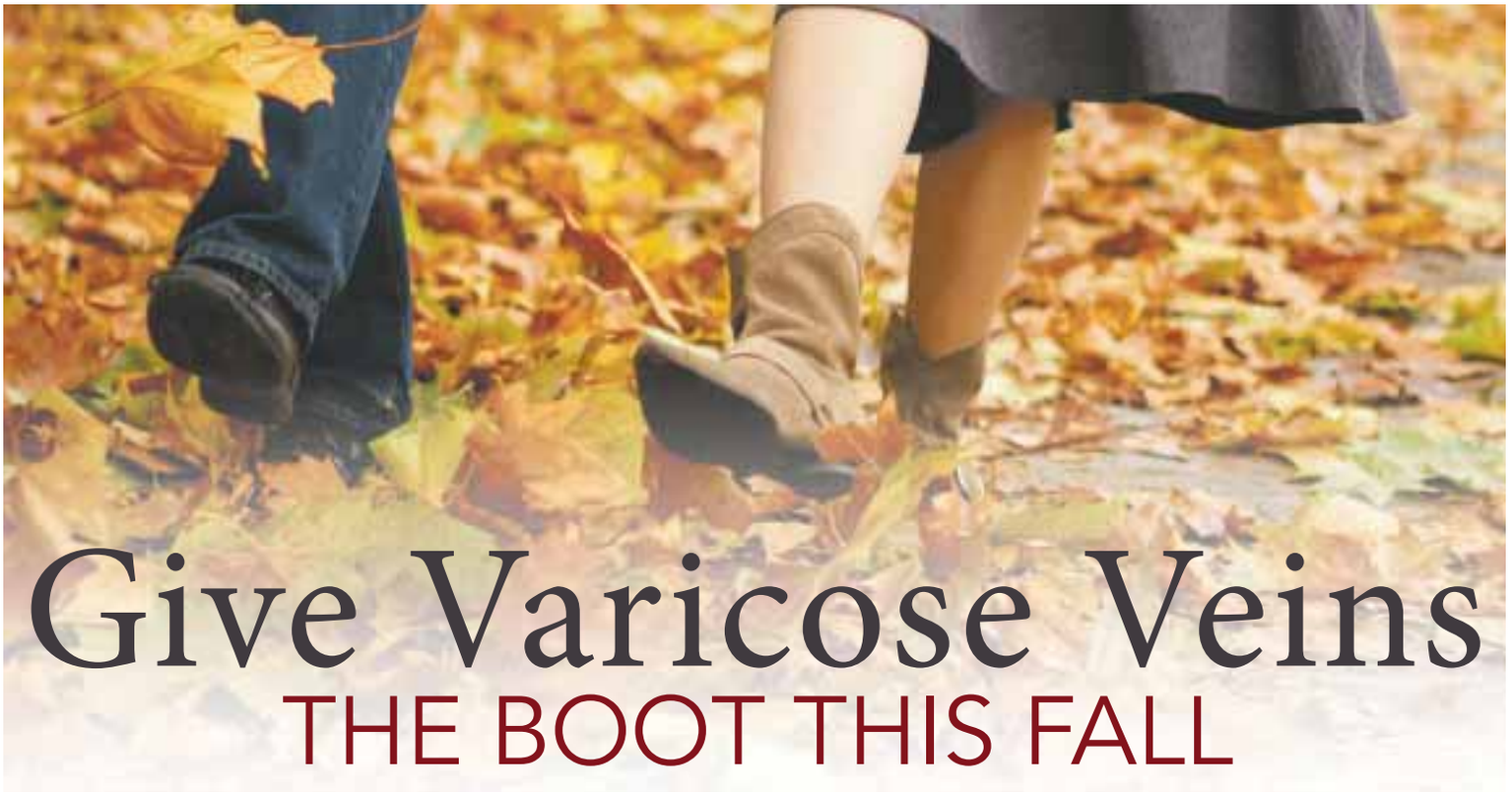
Hattar also supported restricting the rights and privileges of Jordanians of Palestinian descent.

The Jordanian government condemned the attack.

"The law will be strictly enforced on the culprit who did this criminal act and will hit with an iron fist anyone who tries to harm state of law," government spokesman Mohammad Momani said.

The moderate Islamist Muslim Brotherhood group also warned against a flare up in religious and sectarian tensions in a country in which Jordanian Christians are a minority but wield wide political and economic influence.

REUTERS



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Spanish regional elections fail to break political deadlock

Two inconclusive general elections in December and June have plunged politicians into months of fruitless negotiations to try to assemble a government. Their inability to form a coalition means the country could be headed for a third election.

Spain's regional elections reinforced the center-right People's Party (PP) on Sunday while dealing a blow to the opposition Socialists but failed to signal a clear path to avoid a third nationwide vote in December.

The ballots in the northern regions of Galicia and the Basque Country boosted acting Prime Minister Mariano Rajoy while the Socialists lost seats in both regions, but it remains to be seen if the results lead the Socialists to abstain in any future parliamentary vote of confidence to allow Rajoy a second term as leader.

Rajoy's PP easily romped to an absolute majority in his native Galicia, a conservative stronghold. The PP have ruled this rainy, northwestern region for most of Spain's four-decade democracy.

The conservative regional party, the Basque Nationalist Party, won most votes in the Basque Country, as expected, although not enough to rule by majority. It will now seek a coalition partner, most likely the Socialists.

In both ballots, the Socialists lost seats from previous elections four years ago, ceding votes to anti-austerity newcomer Podemos ("We Can").

The poor results for the 137-year-old social democrat group will make it harder for leader Pedro Sanchez to form a coalition with Podemos and market-friendly Ciudadanos at national level, something he failed to do in any case following December's general election. REUTERS

A man casts his vote during the Basque regional parliamentary elections in the Spanish Basque city of San Sebastian. GETTY IMAGES

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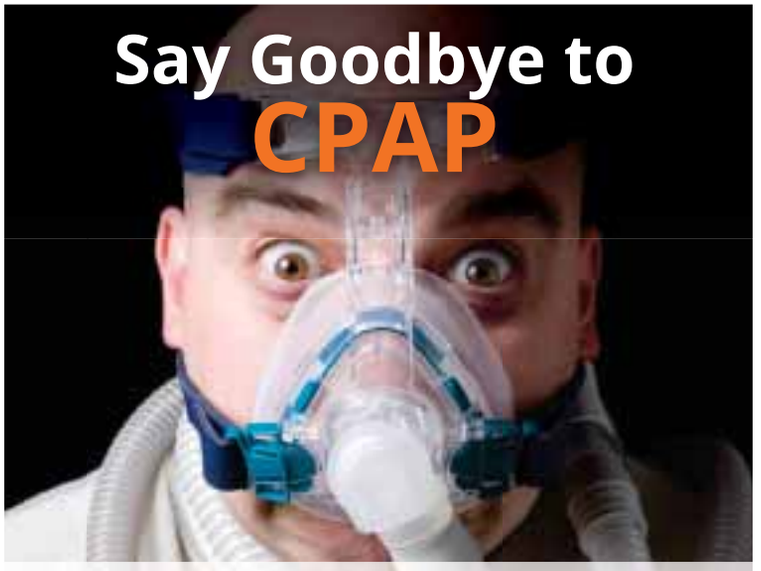

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American football player in Canada killed in shooting

An American player in the Canadian Football League (CFL) was killed in an early morning shooting outside a nightclub in the western city of Calgary, the gaming body said on Sunday.

The CFL identified the player as Mylan Hicks, 23, of the Calgary Stampeders in the province of Alberta.

Local police said officers found a man in his 20s who had been shot at about 2:30 a.m.

"He was transported to hospital in life-threatening condition but has since succumbed to his injuries," the Calgary Police Service said in a statement.

Police told a news conference three people were arrested in relation to the incident.

Defensive back Mylan Hicks GETTY IMAGES

Born in Detroit, Hicks was a defensive back and had played for Michigan State University, according to the CFL.

Hicks signed with the NFL's San Francisco 49ers as an undrafted free agent in May 2015 before being released at the end of training camp. REUTERS

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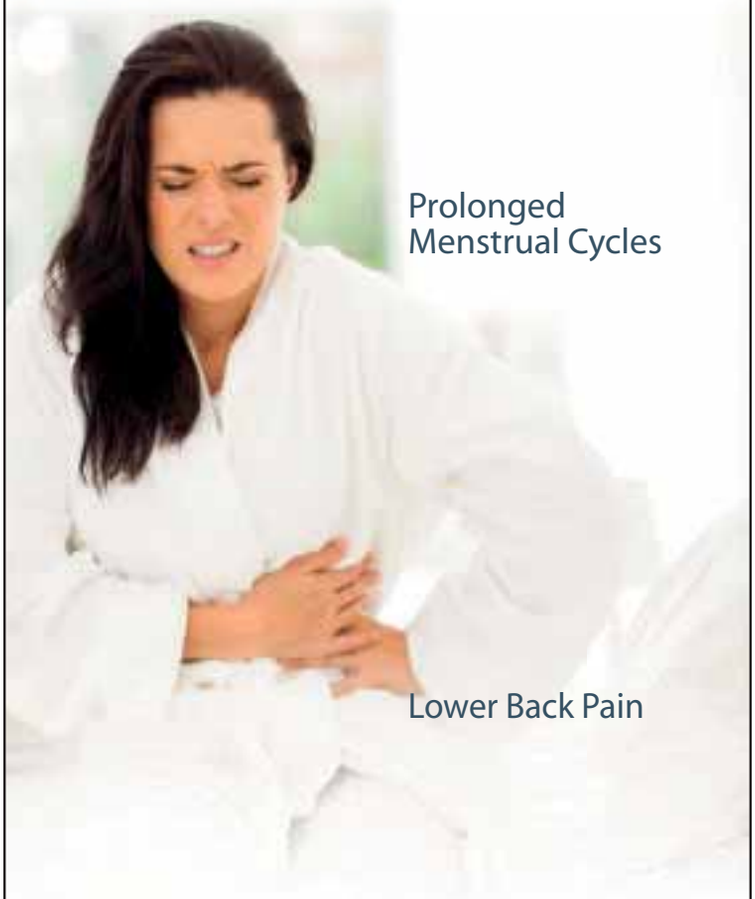

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Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* uses this P.A.T. Imaging Technology. with each and every treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

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Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
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If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

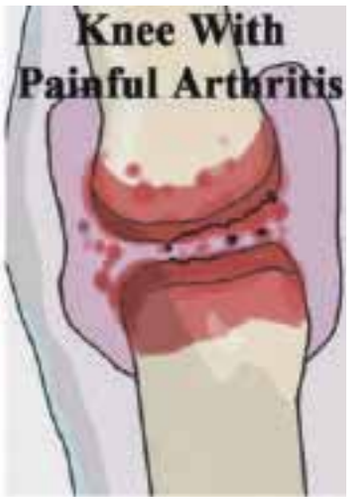
The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

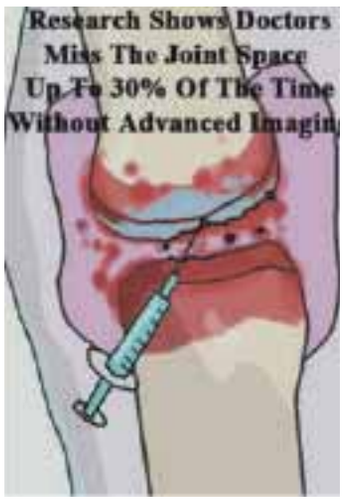
Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - The red is a knee joint with painful osteoarthritis. With progressive "drying out", arthritis causes the joint space to decrease and an array of symptoms which may include grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Treatment (blue) being applied directly into the knee joint using Precision Arthritis Targeting Technology. Advanced imaging allows treatments to be as precise as possible. Viscosupplementation can lubricate the joint and decrease pain.



Failed Treatment - the medicine misses the joint space. Research shows this occurs up to 30% of the time without the use of Precision Arthritis Targeting Technology to guide the injection. This is why prior treatment may not have worked for you.

Former employees file class action against Wells Fargo

A California court will hear the lawsuit against Wells Fargo. GETTY IMAGES

Two former Wells Fargo & Co. employees have filed a class action in California seeking $2.6 billion or more for workers who tried to meet aggressive sales quotas without engaging in fraud and were later demoted, forced to resign or fired.

The lawsuit on behalf of people who worked for Wells Fargo in California over the past 10 years, including current employees, focuses on those who followed the rules and were penalized for not meeting sales quotas.

"Wells Fargo fired or demoted employees who failed to meet unrealistic quotas while at the same time providing promotions to employees who met these quotas by opening fraudulent accounts," the lawsuit filed on Thursday in California Superior Court in Los Angeles County said.

Wells Fargo has fired some 5,300 employees for opening as many as 2 million accounts in customers' names without their authorization. On Sept. 8, a federal regulator and Los Angeles prosecutor announced a $190 million settlement with Wells Fargo.

The revelations are a severe hit to Wells Fargo's reputation. During the financial crisis, the bank trumpeted being a conservative bank in contrast with its rivals.

A Wells Fargo spokesman on Saturday declined to comment on the lawsuit.

The lawsuit accuses Wells Fargo of wrongful termination, unlawful business practices and failure to pay wages, overtime and penalties under California law.

Former employees Alexander Polonsky and Brian Zaghi allege Wells Fargo managers pressed workers to meet quotas of 10 accounts per day, required progress reports several times daily and reprimanded workers who fell short.

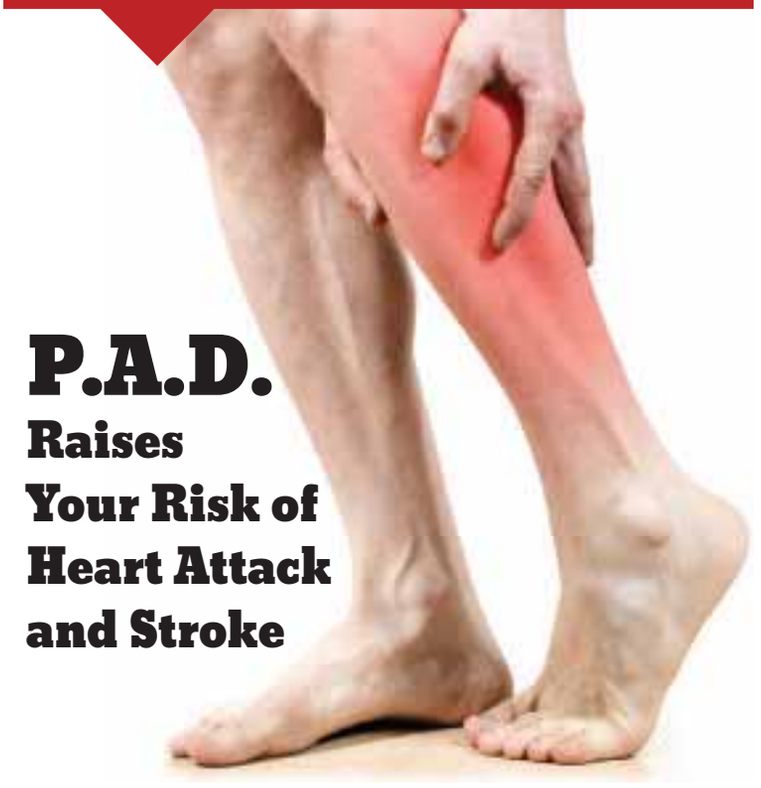
Polonsky and Zaghi filed applications matching customer requests and were counseled, demoted and later terminated, the lawsuit said.

While executives at the top benefited from the activity, the blame landed on thousands of $12-per-hour employees who tried to meet the quotas and were often required to work off the clock to do so, the lawsuit said.

Employees with a conscience who tried to meet quotas without engaging in fraud were the biggest victims, losing wages, benefits and suffering anxiety, humiliation and embarrassment, the lawsuit said.

Wells Fargo was aware many accounts were illegally opened, unwanted, carried a zero balance, or were simply a result of unethical business practices, the lawsuit said.

"Wells Fargo knew that their unreasonable quotas were driving these unethical behaviors that were used to fraudulently increase their stock price and benefit the CEO at the expense of the low level employees," the lawsuit said. REUTERS



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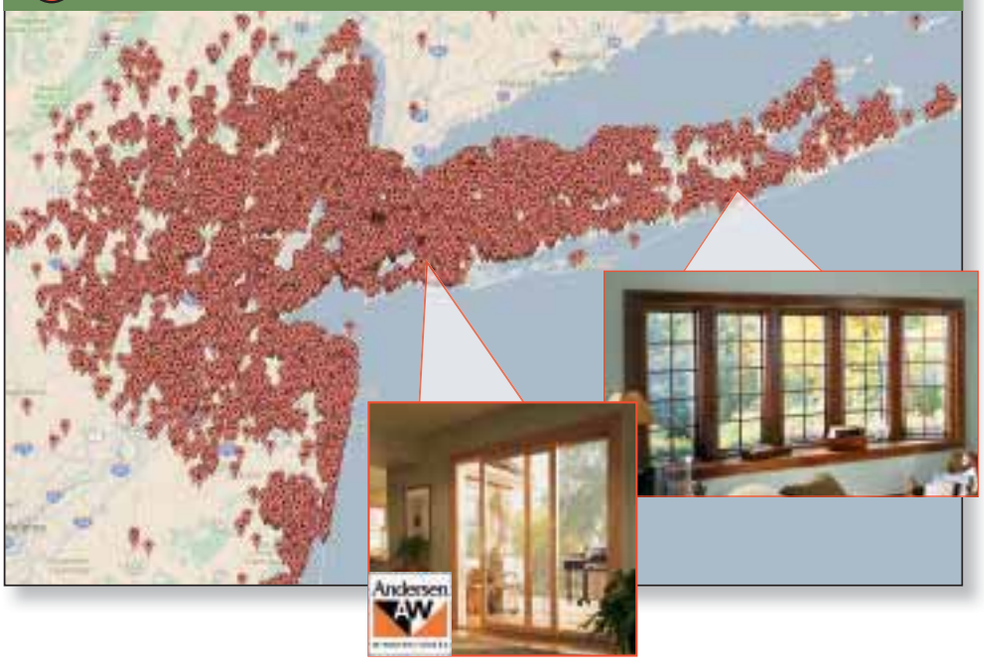

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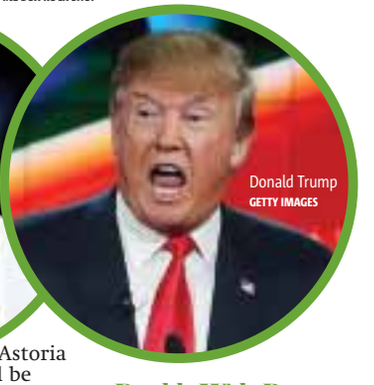
5 Bars to watch Monday's debate

At the Village Pourhouse, undecided voters can go back and forth between The Secret Server, left, and The Donald Drumpf, right. VILLAGE POUR HOUSE

At the Pine Box Rock Shop, election-themed drink specials, from left to right, include The Tremendous Trainwreck, The Elephant in the Room, The Donkey Punch, and The Pantsuit. PINE BOX ROCK SHOP

Hillary Clinton
GETTY IMAGES



Donald Trump
GETTY IMAGES

Because you're definitely going to need a drink, or 10.

KATE MOONEY
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kate.mooney@metro.us

The election that feels like it's lasted a lifetime is finally in the homestretch! Monday's presidential debate is the first of the three final face-offs between Hillary Clinton and Donald Trump before November's election, so make it count by tuning in and turning up — drinking heavily will keep your sanity in check. Here are five bars in the city where you can test your tolerance for both politics and alcohol while you watch. The debate airs Monday at 9 p.m.

The Village Pour House

Go-to East Village sports bar the Village Pourhouse will help keep you entertained and well-liquored as you grimace. Cope with that sense of impending doom by putting back $8 drink specials, from The Donald Drumpf made with rum, lime, pineapple and grenadine to The Secret Server of vodka, blue curacao, triple sec, sweet and sour mix, and sprite. *64 Third Ave., Manhattan. villagepourhouse.com*

Pine Box Rock Shop

At Pine Box Rock Shop in East Williamsburg, a bevy of creative election-inspired drinks will help the political doublespeak go down easier. Monday ushers in the first of the bar's Three Sheets to the West Wing debate parties, which it will reprise for each presidential and VP debate as well as Election Day. While watching Trump and Hillary go at it on the big screen, get lit with The Tremendous Trainwreck, a spin-off on a Long Island iced tea "made with our cheapest liquor" and topped off with orange soda to match the Republican candidate. Alternately, The Pantsuit, a "power cocktail with a softer side," combines Owney's rum, Midori and almond milk served on the rocks. *12 Grattan St., Brooklyn. 9-10:30 p.m. pineboxrockshop.com*

The Bell House

Gowanus bar and event space The Bell House will broadcast the debate live on a big screen, with drink specials all night — with 11 craft beers on tap and 13 cans to choose from, you will not go thirsty. If you leave feeling disgusted — by the debate, not the beers — make sure to avoid the neighborhood's notorious superfund site as you make your way to the train. *149 Seventh St. Brooklyn. 8-11 p.m. thebellhouseny.com*

QED

Because at times this election feels like one big joke, QED in Astoria will be presenting the debate "Mystery Science Theater 3000" style, with comedians offering live cracks on the mic before and during the debate. Loosening up with some laughs while downing craft beers on draft — rotating between Singlecut half-stack IPA, Brooklyn Lager and Bronx Brewery Pale Ale — sounds like a winning combination to us. *Tickets $10. 27-16 23rd Ave., Queens. 9-10:30 p.m. qedastoria.com*

Double Wide Bar and Southern Kitchen

Double Wide Bar and Southern Kitchen really wants to encourage civic engagement. On Monday night at the East Village comfort food and bourbon haven, the first 50 drinks are on the house! Get there early and drink up, then soak up the booze with Southern favorites like short rib Frito pie and truffle pimento grilled cheese. *505 E. 12th St., Manhattan. 8-11 p.m. doublewidebar.com*

From the slums to the chessboard to Hollywood

Phiona Mutesi talks "Queen of Katwe," which shows how she escaped poverty in Uganda.

MATT PRIGGE
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If you ever wondered what it's like to watch a movie about yourself, you can always ask Phiona Mutesi. When we speak, it's been just a day since she saw "Queen of Katwe," the film based on her life. Some would find that a surreal experience. Not Mutesi.

"It was so humbling and so emotional," Mutesi tells us. "I had to brush away tears every time something happened. I just couldn't believe it."

The movie would move anyone. It's an underdog story, and Mutesi's might be the ultimate example. "Katwe" shows a woman who went from a slum kid in Uganda to a teen chess champion, playing around the world when she was no older than 14. Now, at 20, she's the subject of a Disney movie featuring David Oyelowo and Lupita Nyong'o.

The movie, by Indian filmmaker Mira Nair ("Monsoon Wedding"), shows Mutesi (played by Madina Nalwanga) discovering a chess club for kids, run out of a local dilapidated church, by Oyelowo's Robert Katende.

GETTY IMAGES

In "Queen of Katwe," Madina Nalwanga plays real-life Ugandan chess champion Phiona Mutesi, seen practicing with her teacher, Robert Katende (David Oyelowo). EDWARD ECHWALU

Soon she's flying to places like Chad and far-off Siberia. Even after her initial victories, she still returns to the slums and her fiery mother (Nyong'o).

The movie ends around 2012. What has happened since?

For one thing, Mutesi, now about 20 (her exact birthday is unknown), has been traveling, both for her chess tournaments and for the film.

When she's back in Uganda, she lives a normal life. She still goes to high school, and her studies mean less time for chess, which she can only practice on the holidays (though she did participate in an Olympiad a couple weeks ago). Her last exam is in November, and she's considering university. Her preference is Harvard, and she wants to go into law.

"In the slums, no one is there to speak on your behalf. They don't have rights," she says. "I want to speak for the kids."

Harriet, her real mother, is doing well, Mutesi says. Harriet mostly stays in their new home. "She's no longer struggling for food. She's doing great where she is right now," she explains.

Harriet hasn't seen the movie yet, but she did get to spend time with the Oscar-winning actress playing her. "Now they are really friends," she says. Nyong'o, Mutesi says, got her mom exactly. "Everything she does, it's the same as my mom, how she used to act. It's all true."

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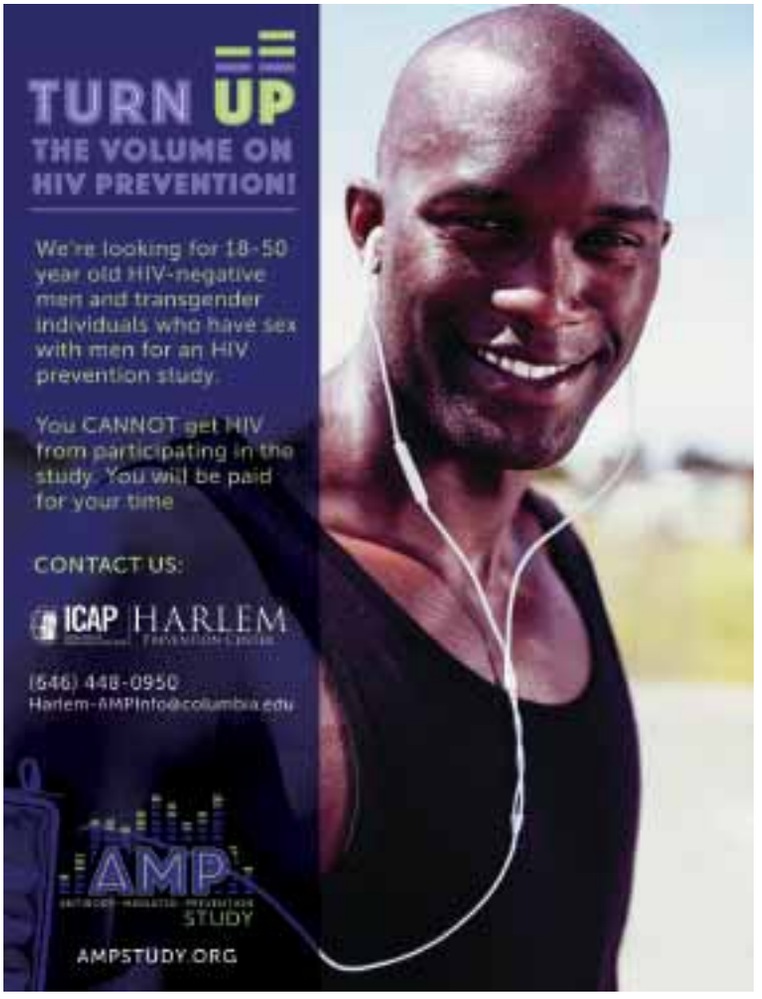
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Glass Animals crystalize their stance

The British electro-pop ensemble goes from dark to bright and moody to light on their new album.

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letters@metro.us

Not so delicate — meet the Glass Animals, (from left) Edmund Irwin-Singer, Joe Seward, Dave Bayley and Drew MacFarlane. NEIL KRUG

For a quartet of fun-loving Brits who've known each other since childhood, England's Glass Animals are as capable of creating deeply moody musical interludes as they are springy electronic dance tracks. Though run-through with the rhythms and righteous chord changes of R&B and hip-hop, the band's first album, "Zaba" (2014) was an eerily, atmospheric epic. Glass Animals' just-released sophomore effort, "How to Be a Human Being," however, is bolder, brighter and blunter in its execution of electro-soul with a rap-rock kick. Drummer Joe Seaward called from a rowdy tour stop in Belgium.

Your tour bus sounds happening, and you seem like a friendly lot. Did you meet as school friends or in a musical setting?
We knew each other starting when we were pretty small.

Small like tiny, or small like young?
[Laughs] Young, like 12 or 13. We went to school together as kids. There was really no music involved, apart from the occasional band that would come through Ipswich. There were lots of festivals then. We loved music, but it was never a thing until we started playing together much, much later in our lives together. That was kind of cool, actually — we were friends long before college, long before music.

You say age 12 or 13. What bands were you guys drawn to?
Really anything that came through this club called the Zodiac – a really dingy place with sticky walls and rats dead in the corner. It was both horrible but really great. Guitar bands like Bloc Party came through and did their thing. Maximo Park was big there. LCD Soundsystem was a game-changer for us, though — they really got us thinking about what we could do if we put our heads together.

Was Glass Animals the original name of the band? Were there other stupid possibilities?
We fooled around with other names first, but we were always Glass Animals. We did hit upon some dumb ones. Magic Rabbits was one. Glass Animals, though, was really the most sensible name and one that summed up what we sounded like — kind of fragile. Davey made our demos on a laptop with headphones, and they sounded pretty brittle.

You mentioned the brittle sound of Glass Animals early on, and the first album is moodier and timid, spaced-out as opposed to "How to Be a Human Being," which is brighter and bolder. To what do you owe the change? Have you just cheered up?
It's probably a confidence thing, being a bit braver — cheering up, that's funny. Plus, I don't think we knew much about anything when we did that first album, so many things went wrong. At the very least, this new album is more right than wrong. We pushed ourselves emotionally because we wanted to get across the sentiment; same thing with any real anger that we were trying to show. We also weren't worrying about polishing things too much, so maybe the new album is more relaxed.

There is a lot of hype around you guys, especially in the U.S. Why do you think we're drawn to Glass Animals?
It's a place that we grew up guessing about. When we're there, we can't wrap our head around how big it is. As for you lot loving us? I have absolutely y no idea how and why this happened — America and Australia I couldn't tell you. It is, however, mad and cool and I wouldn't change it for the world, so maybe I shouldn't further fathom the answer.

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The calm before the storm

Germany's Roosevelt slips into the gray zone between club pop and garage rock on his debut album, but you'll still want to dance to it.

It is "the calm before the storm," says Marius Lauber, aka electronic pop artist Roosevelt, speaking from his studio in Cologne, Germany. "I'm charging the battery." Not the one in his phone or any other device; the artist is referring to his internal battery. He's gearing up to tour for his self-titled debut album, which was released in August.

In this very same studio, Lauber seamlessly crafted songs from sweeping electronic soundscapes, sultry Latin boogie beats, and '80s club pop a la Duran Duran. Lauber's incandescent voice floats in and out of the music, creating a hazy daisy of an album filled with dreamy and very danceable songs. Except, Lauber doesn't aim to create dance music per se.

"I never wanted to be techno and make people dance," says the 26-year-old, who grew up an hour outside of Cologne. "When I started playing guitar in bands in school, bands like The Strokes were coming up. We played a lot of Strokes songs, and [Red Hot] Chili Peppers, and Arctic Monkeys; the kind of thing a teenage boy in a band wants to play. I like to be in the gray zone between guitar-based songs and club music. I come from the rock world."

Roosevelt will play New York's Mercury Lounge on Sept. 27 and Brooklyn's Rough Trade on Sept 28. BRIAN VULORES

That may be, but Lauber, who will tour as a three-piece with a drummer and bassist, says he isn't into being in a band anymore.

"I wanted to realize my own music," he says of going solo. "I spent eight years in bands, and I eventually decided to come out of my comfort zone. I was just a bit bored with the whole band format. Sometimes there's an amazing energy especially live, but in the studio I would get bored by how slow it can be. Everyone has to agree on every decision, and it can be exhausting."

Lauber credits a move to Cologne and immersion in the club scene for tailoring his supercatchy, supersmart dance sound.

"It's a mix of all the different things I listen to. The album has influences like Nile Rogers and Giorgio Moroder: classic '70s disco; and maybe '70s pop music, too. But my idea isn't to sound retro; it's always to make contemporary pop music out of it all."

As for his distinguished nom de plume, the name hasn't much to do with the iconic American political family.

"It's linked to how I write lyrics: I have to like the sound of a word. I liked the sound of Roosevelt," he explains. "Adopting an artist's name seems pretty alien in the beginning. Then, after a couple of years I was bound to it."

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Reverse mentoring in the workplace

ISTOCK

Senior employees are tapping into millennials' knowledge of tech and trends with this new strategy.

ALIZAH SALARIO
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The word "mentoring" tends to conjure an image of a wizened top executive bestowing knowledge upon an impressionable young employee.

But that's so last century. Reverse mentoring, in which younger employees mentor older executives — generally about technology, social media and trends — is gaining traction in many fields.

"Why are we still in this mind-set that you have to be mentored by someone with more experience?" says Jay Olshonsky, president of NAI Global, a network of commercial real estate firms where reverse mentoring is common practice.

The most effective reverse mentoring programs mix formal and informal elements, and pair people in rapid-innovation divisions like in tech with leaders or senior employees who wield more influence, explains Olshonsky.

"Don't assume just because I've got the 30-plus years that I've got the best thoughts. That's a really bad assumption," he adds.

Reverse mentoring isn't necessarily about age or years of experience, either. For instance, reverse mentoring can take place between someone who has advanced technical skills and someone who has no technical skills, Olshonsky says.

A shift in workplace culture

Greater acceptance of reverse mentoring reflects a shift in traditional workplace hierarchies. The proverbial ladder is being replaced with a horizontal career structure — and an understanding that learning and growth happen at all stages of one's career.

For instance, when Olshonsky started out in the real estate business, memorizing the physical attributes of different properties was par for the course. Today, everything he needs to know about a given property is a few clicks and swipes away — a shift that younger digital natives might take to more naturally. Olshonsky says that being open and curious about new technology and trends — and accepting that younger, less experienced employees might be more adept at certain aspects of the job — is key to making reverse mentoring work.

"Essentially, the younger or less experienced but better technical person can answer a question in 10 seconds that would've taken the older person a couple days to get the same information," he says.

A lot of traditional workplaces are also using their junior staff to help educate more experienced members on trends and social-media usage, says Kristen Morgan, director JRT Realty Group.

In real estate, reverse mentoring can help more-seasoned employees "recognize cooler, more artisanal boutique brands over big box retailers for certain locations, especially in emerging markets," and "recognize what the younger demographic of employees or residents want in certain neighborhoods, " she says.

Whether it's in real estate, marketing or media, taking time to create an environment where reverse mentoring is valued is key to its success, says Olshonsky.

"You're not just sugarcoating this, and saying, 'This is your job and this is the way we do it, and if you don't like it, go find another job.' You're kind of empowering them to reach beyond what they're currently doing. It's a huge positive reinforcement," he says.

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How Gen Z learns

For the first time, all the students heading back to school are part of Gen Z.

SARA FEINSTEIN
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Generation Z is the most plugged-in generation. ISTOCK

Generation Z, those born between 1995 and 2012, is the first generation to grow up with social media at their fingertips. But how does technology and access to information affect their ability to learn and communicate?

We spoke to Gen Z expert David Stillman to find out the learning habits of the most plugged-in generation.

How has technology affected Generation Z's work habits?
Too often what we do is judge how they get their work done. Sure, they might study a little bit, jump on social media and then just back to studying. At the end of the day we need to look at performance. If these kids are performing well, I'm not sure that's such a bad thing. What you find on social media is that they might look to their friends and close colleagues as experts — and that's a problem. This access to information — being able to collaborate with a network beyond those sitting next to them and the fact that they're getting information in real time — is all great, provided that there are teachers and parents helping them validate that information.

So supervisors are crucial for this generation?
The mistake that [the generation] keeps making is that they have all access to all of this information, so they don't need [supervisors]. It's really changed the role of a teacher. It used to be the teacher had all of the information and then disseminated that information out. The modern approach is now called "guide on the side." That means they've got their technology and tools, and then teachers and parents sit on the side helping them navigate through it.

Does the fact that they can find information so quickly take away from its value?
They expect information instantaneously because they've always been able to get it. What concerns me is that they do a search, and sometimes just click on the No. 1 thing that shows up on Google. They need parents to help them sift through. Maybe the answer is four lines down or on page two, which they never go to. It opens up the door for the need to really be mentored.

How can we encourage Gen Z to dig deeper?
It comes down to mentoring them on the validity of information. Getting the information the quickest doesn't mean it's the best. As they enter college, everyone's going to want their best work.

Will workplace policies for future employees include more technologically advanced offices?
With any new generation, they're going to bring technology, people are going to resist it and then we'll figure out a way for it to find its way into the workplace. [Technology expert] Don Tapscott has one of my favorite quotes. He said, "For the first time in history, children are an authority on something that's really important." Technology, social media — the ones that are going to lead the way is Generation Z.

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How to start your own dream business

PopSugar's Lisa Sugar shares her secrets to success.

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A good team is essential for a successful business. ISTOCK

A decade ago, Lisa Sugar looked as if she was settling into a long career in advertising. She then surprised everyone by doing a complete 180 when she realized her interests lay elsewhere.

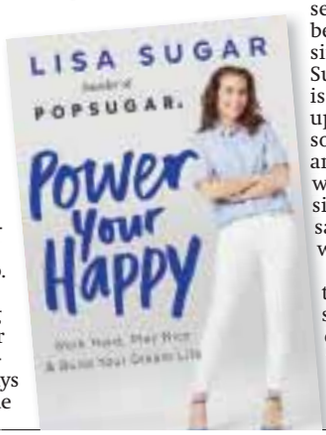
"The most important thing I did was that I started small," Sugar says of her then blog. "I really wanted to get into the habit of writing every day, so I started a blog, but I still had money coming in from my other job."

After six months of writing at night and working during the day, Sugar left her day job to devote herself to her site, which we now know as the celebrity and lifestyle site PopSugar. She reveals the secrets to her success in her new book "Power Your Happy: Work Hard, Play Nice, and Build Your Dream Life."

We asked Sugar for her advice for anyone who wants to pursue their dream careers.

Don't do anything drastic

Changing careers — particularly if you are about to work for yourself after having a staff position — is a big step. "I always tell people to slowly start integrating their new job into their lives and not to do anything irresponsible," says Sugar. Can you continue working at your new position for a bit while you build your clientele? Having a steady income during this time makes a big difference.



Surround yourself with hard-working people

Unlike many startups, many of PopSugar's senior employees have been with the company since the beginning. Sugar says a good team is essential to a start-up's success. "When someone comes in for an interview, I really want to see how passionate you are," Sugar says. "I want to know what interests you."

Sugar also stresses that interviewees should be able to explain how they would tackle the job. "If you are applying to be a fitness editor, I want to know what you love about fitness. What workout are you excited about? What recipes are you going to try out next?"

Promote from within

Part of the reason so many PopSugar employees have stayed with the company so long is because their job responsibilities have grown with them over the years. "We tell people who have been with us and want to grow, 'Write the job description for the job you want,'" Sugar explains. "People totally switched part of their jobs as the years went by. For example, someone was a fashion editor and then came back from maternity leave and said they wanted to be the moms editor because they had a passion for that now."

Keep up on technology

"I always tell people that I think that you have to keep your focus on your brand, and that you have to be adaptable," says Sugar. "There was no social media when we started PopSugar, but it definitely made us think differently about the company." It's important to note that what works for you now is unlikely to still work a decade in.

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Giants drop ugly one to Redskins

3 things we learned in the Giants' 29-27 loss to Washington on Sunday.

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After two straight nail-biters to start the season, the New York Giants were on the wrong side of a close one, a 29-27 loss to the Washington Redskins on Sunday at MetLife Stadium. The loss drops the Giants to 2-1 and cuts short a start to the season that seemingly was building momentum.

Dustin Hopkins kicked a 37-yard field goal with 1:51 left in the game to give the Redskins a 29-27 lead and a lifeline on their season. The Redskins are now 1-2 this season.

The game's first break came with 13:23 left in the first quarter when Washington muffed a punt, the ball bouncing off Quinton Dunbar's leg. Giants wide receiver Dwayne Harris recovered; three plays and 28 yards later Shane Vereen's 1-yard touchdown run gave the Giants an early 7-0 lead.

With six seconds left in the first half and the Giants holding onto a 21-16 lead, the Redskins had the ball on the 4-yard line and inexplicably chose to go for it rather than kick a field goal. The Giants made it a costly decision for Washington as Jason Pierre-Paul sacked Kirk Cousins, stripped him, and New York hopped on the fumble.

In a 26-24 game, Dunbar atoned for his mistake earlier and made a key interception in the end zone with 13:35 left in the fourth quarter, halting a Giants drive that seemed destined for points.

Eli Manning was intercepted late in the game by Washington linebacker Su'a Cravens as they were starting to piece together a late-game drive.

Quinton Dunbar picks off Eli Manning in the third quarter Sunday at MetLife. GETTY IMAGES

1 Almost, no cigar

The Giants had the Redskins on the ropes, taking a lead into the two-minute warning. The Redskins were battered and bruised in the game but hung around. An Eli Manning fourth-quarter interception as well as a Shane Vereen fumble gave Washington life and the defending NFC East champs took advantage. The Redskins played like a desperate team, unwilling to go down 0-3 on the season with a loss at MetLife. This game might loom large if the Giants don't take the division or miss the playoffs yet again. The game was theirs for the taking, and they left it to the visitors.

2 Welcome to the main event

All week long the talk about the matchup between Redskins cornerback Josh Norman and Giants wide receiver Odell Beckham Jr. was admittedly tame. It was a shock that there wasn't more vitriol in the headlines given the events surrounding their confrontation on the field last year and their war of words this offseason. On the field, Norman, who came into Week 3 tied for the NFL lead with four pass breakups, did have a nice pass breakup with 6:23 left in the first quarter, sprawling and nearly intercepting a pass to Beckham.

There was very little between the two in terms of antics or a rumble other than a first quarter tussle where Norman picked up Beckham and softly threw him to the ground.

In his three previous games against Washington, Beckham came in averaging 121 yards per game and has five receiving touchdowns. But after a slow three quarters, Beckham came alive in the fourth quarter for 19 yards then on the next play evaded several tacklers for a 24-yard link-up. He would finish with 121 yards, the sixteenth time in his career that he topped 100 yards in a game. He also went over 3,000 receiving yards in his career, fastest ever to accomplish that feat in NFL history. But he did not find the end zone.

3 Bend, don't break

Given injuries to their secondary, including rookie safety Darian Thompson, and then losing cornerback Eli Apple at the midpoint of the second quarter — the Giants didn't have all their firepower. In the first half, the Giants gave up five scoring drives but just one touchdown, something that kept them in the game as they struggled to find their pass rush.

Some of those stops to hold Washington to field goals were key in keeping the game close and giving the Giants a lead deep into the fourth quarter. Unfortunately for them, their offense struggled with turnovers and penalties that stalled the unit.

Bills, Dolphins get on the board

A look around the NFL in Week 3 of the season.

Buffalo 33, Arizona 18

Playing early on the East coast, the Cardinals (1-2) were slow to wake up, as LeSean McCoy ran for two touchdowns to help the Bills (1-2) build a 17-0 lead. Tyrod Taylor (14/25, 119, INT) added a 20-yard touchdown while the Bills defense feasted on Carson Palmer (26/50, 261, 4 INT), creating five turnovers.

Miami 30, Cleveland 24 (OT)

The Dolphins (1-2) got their first win of the season at home, but Terrelle Pryor made them work for it. Pryor had 35 yards passing, 21 yards and a touchdown rushing, and 144 yards receiving for the Browns (0-3.)

Minnesota 22, Carolina 10

The Vikings (3-0) broke the Panthers' (1-2) 14-game home win streak by sacking Cam Newton (21/35, 252, 3 INT) eight times (once for a safety) and intercepting him thrice. While Newton appeared to injure his ankle in the first half, he missed only one snap.

Denver 29, Cincinnati 17

Trevor Siemian (23/35, 312, 4 TD) lit up the Bengals (1-2) defense as Emmanuel Sanders and Demaryius Thomas both hit the 100 yard receiving mark and caught three touchdowns between them. A tight game was broken open at the end by the Broncos' (3-0) passing game.

Green Bay 34, Detroit 27

Aaron Rodgers (15/24, 204, 4 TD) threw four touchdown passes in the first half as the Packers (2-1) built a 31-3 lead, but Marvin Jones Jr's 73-yard touchdown catch before the half was a sign that the Lions (1-2) still had fight left in them. Jones finished the game with six catches for 205 yards and his second touchdown got the Lions within a score. The Packers were able to run out the clock.

Baltimore 19, Jacksonville 17

Allen Robinson got his season back on track with two touchdown catches but it wasn't enough to keep the Jaguars (0-3) from falling to the Ravens (3-0) at home. Justin Tucker put the Ravens ahead for good with a game-winning 54-yard field goal. Joe Flacco (29/40, 214, 2 INT) couldn't find the end zone through the air but notched the Ravens' only TD on a seven yard scramble. LUKE MILLER

Tyrod Taylor and the Bills ran over Arizona on Sunday. GETTY IMAGES

Fitzpatrick, Jets lay an egg in KC

The Jets QB was picked off a whopping six times Sunday.

TONY WILLIAMS
@TBone8
sports@metro.us

The Jets came into Kansas City sparkling, following a near-500-yard offensive performance last week but they left Arrowhead Stadium all fizzled out in a crushing 24-3 defeat.

Ryan Fitzpatrick played like the journeyman signal caller he is as he went 20-of-44 for 188 yards, no touchdowns, and six interceptions, including two soul-crushing picks in the end zone — one late in the third quarter and the other midway through the fourth when it appeared the Jets were about to get back into the game.

Both instances came when the Jets (1-2) were marching on the Chiefs (2-1) and looking to cut into a 17-3 deficit. And in both instances, Gang Green left points — and hope — on the board.

It was a deflating and odd performance for a Jets squad that was coming off an emotional win over former head coach Rex Ryan, as they ran roughshod over a Bills defense that has as much talent as any other team in the league — and the same Buffalo squad that manhandled a very good Arizona Cardinals squad, 33-18, a few hours earlier.

The Chiefs, on paper, looked like an easier target for the Jets, especially considering the injuries to major talent and two shaky performances to start the season. Kansas City needed a major 18-point comeback over the hapless San Diego Chargers in the opener and was embarrassed last week in Houston.

But the Jets couldn't get out of their own way with more than a handful of self-inflicted mistakes.

Despite still being in striking distance right until the final few drives, Gang Green just couldn't muster any momentum as they gave away the contest. Their final seven drives (field goal, punt, interception, interception, interception, interception, and interception) showed just how inept they were in the final stanza.

Manager's special

Sure, Chiefs quarterback Alex Smith is derisively known as a game manager, but the Jets — and their fans — would've killed to have such boring stability. Smith was a solid 25-of-33 for 237 yards, one touchdown, and no interceptions, as he masterfully manipulated the Jets' secondary and hit nine different targets. The veteran Smith is hardly ever spectacular, but his calming influence and ability to avoid the crushing turnover is just what the Chiefs needed.

Not one, not two, not three

Fitzpatrick didn't make any wild proclamations such as the above, but he sure played wildly. The performance was the exact opposite of what he did in Buffalo — and that was a head-scratcher, considering he looked so comfortable and poised in Chan Gailey's offense. But Fitzpatrick reverted to old gunslinger habits by forcing passes and taking chances that weren't necessary. And he failed to gel with touchdown machine Eric Decker, as the playmaker didn't even register his first catch until the 12-minute mark of the final quarter. Decker saw six targets, but never got in rhythm. Running mate Brandon Marshall, playing on a gimpy knee and foot, was also silent in registering three catches for 27 yards. If the Chiefs can neutralize the Jets high-powered attack, there's no telling how bad the carnage will be when they line up opposite the Seattle Seahawks' Legion of Doom secondary, next week.

Rising star

Speaking of amazing cover corners, Fitzpatrick was foolhardy in testing Kansas City's only shutdown cornerback, Marcus Peters. The second-year corner is a boom-or-bust player at times, as he has a tendency to be beaten on double-moves, but he was all boom for the Chiefs in picking off Fitzpatrick twice. The former Washington Husky star wasn't alone in tormenting Fitzpatrick, as four other Chief defenders also got their hands on interceptions — including the game-icing pick-six by linebacker Derrick Johnson.

Eric Berry and the Chiefs' defense were all over Ryan Fitzpatrick Sunday. GETTY IMAGES

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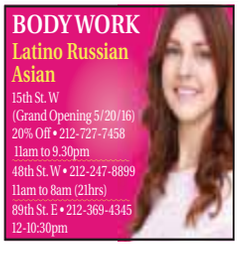

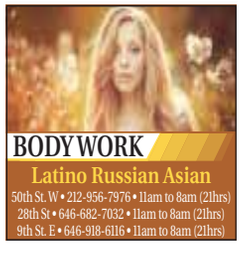
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NOTICE OF FORMATION of Turn On Electric LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 06/13/2016. Office location: Queens County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the LLC c/o139-23 Queens Blvd., Queens, NY 11435. Purpose: Electrical work.

NOTICE IS HEREBY GIVEN that a license, Serial # 1296386, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 196 Smith Street, Brooklyn, NY 11201, for on premises consumption. M&P Smith Street LLC d/b/a Phil & Anne's Good Time Lounge.

NOTICE IS HEREBY GIVEN that a license, Number 1296734, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Bar under the Alcoholic Beverage Control Law at 137 1st Ave. Store 1, New York, NY 10003, for on-premises consumption. Drunken Dumpling Corporation.

NOTICE IS HEREBY GIVEN that a license, Number 1296498, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 1631 Sheepshead Bay Rd., Brooklyn, NY 11235, for on-premises consumption. MJ Fusion Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1297332, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 146 Metropolitan Ave., Brooklyn, NY 11249. Kings County, for on premise consumption. The Monarch Theatre LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1296742, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 98 8th Ave., New York, NY 10011, for on-premises consumption. Shorty Tang Noodle Shop Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1296786, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 37 W. 54th Street, New York, NY 10019, for on-premises consumption. Bei Xiong Inc.

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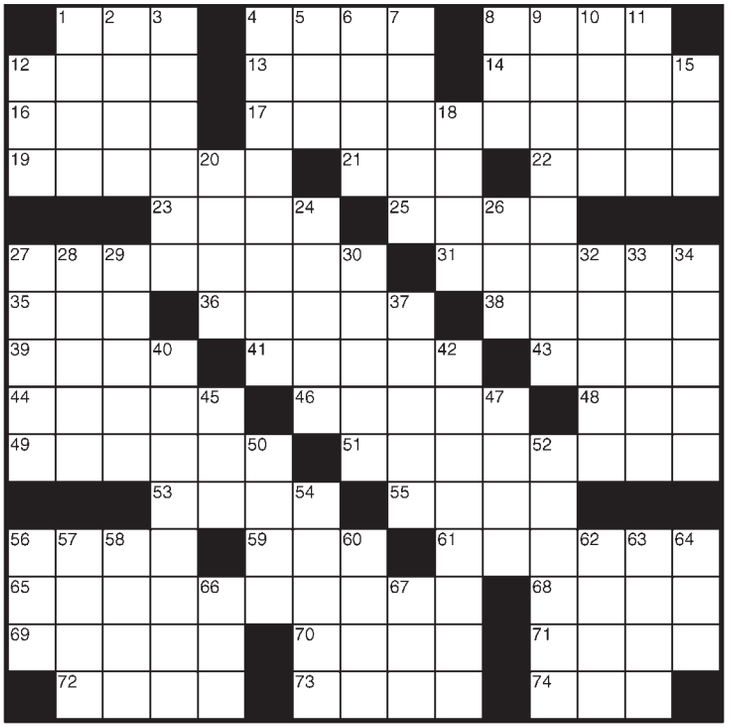
13 Slight advantage
14 Mr. Rockne
16 Grades 1-12
17 Hang in there (3 wds.)
19 Jupiter, for one
21 Ottoman title
22 Jekyll's other half
23 Lamb's alias
25 Holy cow!
27 Without an acre
31 Fix leftovers
35 Pitching whiz
36 German steel center
38 Walk-on
39 Goes one better
41 Doctrine
43 Knitter's supply
44 Pitfalls
46 Dragged along
48 Lassie's refusal
49 Beat the draft?
51 Germane
53 Kind of jerk
55 Slant
56 "Bus Stop" author
59 Hosp. personnel
61 Flashes
65 Daydream
68 Form 1040 experts
69 More than uptight
70 Pro -- (in proportion)
71 Superman's alias
72 Cereal grains
73 Party-tray cheese
74 NNW opposite

Down
1 Influence
2 Safety agcy.
3 Complained
4 Most trivial
5 Tokyo, once
6 Water, in Baja
7 Long-limbed
8 Slalom gear
9 Like obstacles (3 wds.)
10 Gull's perch
11 Virile type
12 Sales agent
15 Summer in Nice
18 Narrow margin
20 La femme
24 Valuable thing
26 Delt neighbor
27 Coffee and steamed milk
28 Kind of squash
29 Himalayan country
30 Toledo gent
32 Fridge maker
33 Televised again
34 Water-lily painter
37 Banister post
40 "Crooklyn" director (2 wds.)
42 Pre-fax message
45 9-digit no.
47 Buy and sell
50 Prefix for "trillion"
52 Some sweaters (hyph.)
54 -- nous (between us)
56 Labor org.
57 Roulette bet
58 Like horror flicks
60 Upstream spawner
62 Mimics
63 Lion's pride
64 Sonic-boom maker
66 Mdse.
67 Depot info



metro.us/sudoku

easy

7	5	1	3					
8				9			7	
			4		8	6		5
3		9						8
		6				9		
5						1		4
9		2	7		6			
	8			4				6
					1	4	2	7

hard

2			3				9	6
		1		6	2		8	
			9	8				
4		5				9		
	2	6		7		5	1	
		7				6		2
				4	9			
	5		6	2		8		
6	4				8			1

metro.us/horoscopes

Aries Push for what you want. Take on a challenge, and set your standards high. You'll impress onlookers and gain recognition for your skillful maneuvers.

Taurus Listen and learn. Don't let your emotions take control, or you will miss important information required to make a life-altering personal decision.

Gemini Look at the big picture, but don't feel the need to take on too much at one time. Preparation and a well-planned strategy will be your best bets.

Cancer Don't let the changes going on around you disrupt your plans. Use your imagination and share your ideas in order to make a good impression.

Leo Discipline and the willingness to take on more responsibilities will help you prove that you are worthy of greater recognition.

Virgo Don't let anyone put a damper on your day. Believe in your ability to get things done right. Personal gains will be yours if you stick to your plans.

Libra Refuse to get caught up in something that you cannot afford or whose benefits are only temporary. Practical plans will have lasting results. Listen to good advice.

Scorpio Changes made at home or in the workplace will pay off. It's OK to be different, as long as the results are good.

Sagittarius Wheel and deal, negotiate contracts and bring about change that will improve your standard of living. Seek out high-profile people with whom to associate.

Capricorn You'll have to make tough choices. Practical suggestions and intelligent conversation will encourage others to respond favorably. Don't let your ego stop you.

Aquarius An unexpected opportunity is heading your way. A new position, bonus or moneymaking endeavor looks promising. Share your ideas with someone.

Pisces Mix and mingle with people who share your views. The information you pick up will help you expand a plan that could boost your assets. EUGENIA LAST

Weekend answers

E	S	T	A	■	D	A	S	H	■	■	J	O	L	T
T	O	O	T	■	O	C	C	U	R	■	E	D	I	E
A	U	N	T	■	O	H	A	R	E	■	T	O	M	E
T	R	E	E	■	D	E	B	■	M	A	T	R	O	N
■	■	■	M	B	A	S	■	Z	I	T	I	■	■	■
T	R	I	P	O	D	■	C	O	N	V	E	R	S	E
H	E	R	T	Z	■	V	E	N	D	■	S	E	T	S
A	L	I	■	■	W	A	D	E	S	■	■	D	O	S
W	I	S	C	■	A	L	A	S	■	S	T	I	L	E
S	C	H	O	O	N	E	R	■	H	O	R	D	E	S
■	■	■	E	N	D	S	■	T	U	B	A	■	■	■
M	O	N	R	O	E	■	J	O	G	■	I	L	L	S
A	V	E	C	■	R	O	U	G	E	■	L	O	I	N
L	E	S	E	■	S	O	D	A	S	■	E	D	N	A
A	N	T	S	■	■	P	O	S	T	■	D	E	E	P

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